

# STEPS TO INFANT FEEDING

**INFANT 0-4 MONTHS** 



State (SDCL 20-13) and Federal (Title VI of Civil Rights Act of 1964, the Rehabilitation Act of 1973, as amended, and the American's with Disabilities Act of 1990) law require that the S.D. Department of Health provide services to all persons without regard to race, color, creed, religion, sex, disability, ancestry or national origin.

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#### WHAT FOODS ARE BEST?

Breastmilk or iron fortified formula are the only foods recommended for the first four months of life.

A breastfed baby should be fed on demand.

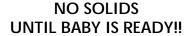
An average infant fed iron fortified formula should drink about 2.5 ounces per pound of weight. For example: a 10 pound baby should eat about 25 ounces of formula in 24 hours.

10 pounds x 2.5 ounces = 25 ounces

Babies will have times when they are growing and will eat more. The growth spurts may occur at 2 to 4 weeks, 3 months, and 6 months and may last one to two days.



AGE	BREASTMILK	FORMULA
1–2 MONTHS	6–8 feedings/or on demand	6–7 feedings of 2–4 oz. each
3–4 MONTHS	5–6 feedings/or on demand	5–6 feedings of 4–7 oz. each



Between 4 and 6 months baby may be ready for solids. Baby is ready when:

- Holds neck steady
- Sits without support
- Opens mouth when food is offered
- Draws in lower lip when spoon is removed from mouth
- Keeps food in mouth and swallows it
- Reaches for food showing they want some

DO NOT GIVE COW'S MILK, HONEY, SYRUP, KOOL-AID OR POP TO BABY!!!

BREAST-MILK OR
IRON FORTIFIED FORMULA
IS BEST.



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### What Are My Choices?

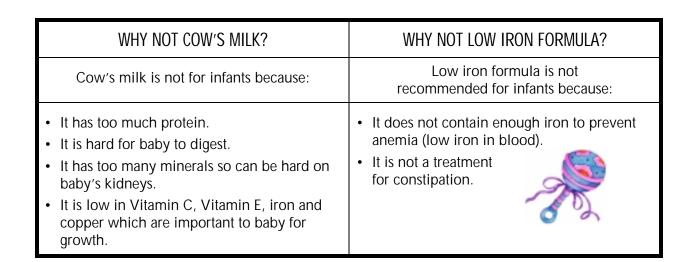
BREAST-FEEDING	IRON-FORTIFIED FORMULA
BREAST-MILK is the BEST choice because:	Iron-fortified formula is the next best choice because:

- It is easy to digest.
- It contains disease fighters.
- It is less likely to cause allergies.
- It helps Mom and baby have a special closeness
- It helps baby's jaw to develop.
- It is always ready to go and cheaper.
- It has been found to help reduce infant obesity, respiratory infections and diarrhea.

because it destroys nutrients and can cause hot spots

that may burn baby.

- It is made to be as close to breast—milk as possible.
- It helps to prevent anemia.



## What Can I Expect?

#### **BREAST-FEEDING** IRON-FORTIFIED FORMULA **BREAST-FEEDING** is a supply and demand way to Everything must be kept clean. Wash the top of the feed. The more often a baby nurses the more milk formula can before opening. Wash bottles and mom will produce. nipples in hot, sudsy water. Rinse well with hot A newborn breast—fed baby will nurse an average of 8 to 12 times in 24 hours. • Mix formula carefully, following the directions on the label. From 5 weeks to 3 months, baby will nurse less, approximately 6 to 10 times in 24 hours. • Use one can of formula before opening another. An opened can of liquid formula is safe for up to 48 A breast—fed baby will nurse an average of 20-30 hours when tightly covered and refrigerated. minutes. The length of time will decrease as the baby Formula prepared for feeding should be refrigerated gets older. and used within 24 hours. During growth spurts, baby may need to breast—feed more often. This does not mean that mom's milk Formula should not be heated in the microwave supply has decreased. because it can cause hot spots that may burn baby. A breast—fed baby should have 6 to 8 wet diapers in Formula should not be frozen. 24 hours. • If not able to keep formula cold, use powdered A breast-fed baby may have a bowel movement once formula and mix when needed. per day or once with each feeding. Each baby will • Baby should have 6 to 8 wet diapers in 24 hours. have its own schedule. During times of growth, baby Formula fed babies will develop their own pattern of may go several days to a week without, this is not soiled diapers. Watch for your babies pattern. constipation if the stool is soft. During growth spurts, baby may need to eat more Breast milk should not be heated in the microwave